Amendments to the Claims:

Please cancel claims 1 to 15 as presented in the underlying International Application No. PCT/EP2004/012578 without prejudice.

Please add the following new claims as indicated in the listing of claims below.

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 to 15 (canceled).

Claim 16 (new): A lightweight valve comprising:

a valve stem;

a hollow valve cone; and

a valve disk, the valve cone and the valve disk together forming a hollow space, the valve disk being provided with a gripping receiver for the valve stem.

Claim 17 (new): The lightweight valve as claimed in claim 16 wherein the gripping receiver is formed by plurality of reinforcing ribs on the valve disk.

Claim 18 (new): The lightweight valve as claimed in claim 17 wherein, from a top view of a flat side of the valve disk facing the hollow space, the reinforcing ribs extend radially with respect to a longitudinal central axis of the valve disk.

Claim 19 (new): The lightweight valve as claimed in claim 17 wherein the plurality of reinforcing ribs are three reinforcing ribs arranged at a spacing of 120° from one another.

Claim 20 (new): The lightweight valve as claimed in claim 17 wherein an end face of the reinforcing ribs facing a center of the valve disk in each case forms a wall portion of the gripping receiver.

Claim 21 (new): The lightweight valve as claimed in claim 17 wherein the reinforcing ribs are rectilinear strips.

Claim 22 (new): The lightweight valve as claimed in claim 17 wherein a height of the reinforcing ribs increases in a direction toward a center of the valve disk.

Claim 23 (new): The lightweight valve as claimed in claim 22 wherein the height of the reinforcing ribs rises linearly from a radially external end in the direction of the center of the valve disk.

Claim 24 (new): The lightweight valve as claimed in claim 22 wherein a linearly rising first portion of the reinforcing ribs is adjoined by a second reinforcing rib portion of constant height.

Claim 25 (new): The lightweight valve as claimed in claim 22 wherein a linearly rising first portion of the reinforcing ribs is adjoined by a second reinforcing rib portion extending so as to complement an inner wall of the hollow valve cone.

Claim 26 (new): The lightweight valve as claimed in claim 17 wherein the reinforcing ribs are, in a region of the gripping receiver provided, with a cutout reducing a size of the reinforcing rib end faces.

Claim 27 (new): The lightweight valve as claimed in claim 17 wherein an upper narrow side of the reinforcing ribs bears against an inner wall of the hollow valve cone at least in sections.

Claim 28 (new): The lightweight valve as claimed in claim 17 wherein the reinforcing ribs and the valve cone are interconnected by a material connection.

Claim 29 (new): The lightweight valve as claimed in claim 16 wherein the valve stem, the valve disk and the valve cone are in each case separate components, the valve cone being at least

virtually free from forces acting on the valve disk during operation of the lightweight valve.

Claim 30 (new): The lightweight valve as claimed in claim 16 wherein the valve is an internal combustion engine valve.

Claim 31 (new): A method for manufacturing a lightweight valve comprising: producing a first one-piece component forming a valve disk and a gripping receiver by casting, forming and/or powder metallurgy method;

producing a second one-piece component forming a valve stem, the gripping receiver being for the valve stem;

producing a third component forming a hollow valve cone;

connecting the first and second components by a material, non-positive and/or positive connection, and

pushing the third component onto the second component and connecting the third component to the first and second components by a material, non-positive and/or positive connection.

Claim 32 (new): The method as recited in claim 31 wherein the third component is produced by a forming operation.